



Republic of the Philippines
Department of Education
REGION IV-A CALABARZON
CITY SCHOOLS DIVISION OF BIÑAN CITY

FIRST QUARTER
HEALTH OPTIMIZING PHYSICAL EDUCATION
WORKSHEET WEEK 2



Address: P. Burgos St. Brgy. Sto. Domingo, Biñan City Laguna
Website: depedbinancity.com.ph
Email: deped.binancity@deped.gov.ph
Telephone no: 511-4143/ 511-8620/ 511-4191/ 511-8746

The energy system of our body works in different ways in which it generates fuel and uses it as an energy to perform a certain task. We all know that in order for our body to work, all we must do is to eat. The food that we eat gives us the energy to do work and to accomplish something. These foods serve as the fuel of our body. A certain energy system of our body becomes predominant depending on the intensity, duration, and type of exercises we perform.

Energy systems in our body include the ATP-CP System, Glycolysis, and Oxidative. In the previous grade level, these energy systems were discussed in the concept of exercise and sports. In this module, you will learn how energy systems function in the concept of dance.

INTRODUCTION TO DANCE

The fundamental principle that dance is an art form or activity that utilizes the body and the range of movement of which the body is capable. Unlike the movements performed in everyday living, dance movements are not directly related to work, travel, or survival. Dance may, of course, be made up of movements associated with these activities, as in the work dances common to many cultures, and it may even accompany such activities.

But even in the most practical dances, movements that make up the dance are not reducible to those of straightforward labor; rather, they involve some extra qualities such as self-expression, aesthetic pleasure, and entertainment.

One of the most basic motives of dance is the expression and communication of emotion. People—and even certain higher animals—often dance as a way of releasing powerful feelings, such as sudden accesses of high spirits, joy, impatience, or anger. These motive forces can be seen not only in the spontaneous skipping, stamping, and jumping movements often performed in moments of intense emotion, but also in the more formalized movements of “set” dances, such as tribal war dances or festive folk dances.

Dance Genre:

- 1. Folk Dance** - a dance developed by people that reflect the life of the people of a certain country or region. (Wikipedia)
- 2. Modern Dance** - a broad genre of western concert or theatrical dance, primarily arising out of Germany and the United States in the late 19th and early 20th centuries. It is often considered to have emerged as a rejection of or rebellion against, classical ballet. (Wikipedia)
- 3. Ballroom Dance** – a set of partner dance enjoyed socially and competitively around the world. With the emergence of dance competition, it is now known as



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Dancesports. (Wikipedia)

4. Hip-hop Dance – also known as street dance styles primarily to hip-hop music or that have evolved as part of hip-hop culture. (Wikipedia)

Stress is sometimes or most of the time is inevitable. We tend to ignore the stress that we feel but it went to cause much more stress. We live in a world with a busy life. That's why we encounter so much stress in a day to day of living. It is important to know how to cope up with this stress in a most managing way. We can do a lot of things to relieve stress, and one of which is through dance. Dance can be a form of stress management.

We have different ways on how to relieve stress. Activities in relieving one's stress may vary on how we look at stress. Managing one's stress can be done through dancing. Dancing is a great way of releasing our tensions in our body that leads also in relieving stress.

Dancing as Stress Management

Dance can be used in so many ways. One of the functions of a dance is to relieve stress. In able for us to avoid chronic illness or diseases, we opted to seek activities that may help us to have a healthy living. Avoiding stress can make our life easy and much more fun. Through dancing we lead to a healthy lifestyle.

Dance is purposeful. It plays a vital role for self-expression and has been part of rituals and religious gatherings. It is also part of our culture and traditions throughout the years. It was passed on from one generation into another generation. Its functions become so wide that it can even help in our daily life.

How far can dance go in terms of relieving stress? Dance is a form of exercise. It provides proper body coordination, mobility and reduces tension in the body. It calms our mind and releases toxins in our body.

3 Ways Dancing Relieves Stress

There is a reason why Kevin Bacon slides, jumps and chassés across an empty warehouse. To relieve his teenage drama and stress! All of his classmates, getting the chance to dance for the first time at their prom, looked more like freed prisoners than teenagers filled with angst.

Why? They were relieving their stress through dancing!

What is it about dancing that makes us all feel so free and relieved of our everyday stresses?

1. WHEN THE BODY FEELS GOOD, THE MIND DOES, TOO!

The scientific reason for why dance has the ability to act as a stress reliever stems from the idea that when the body feels good, the mind does, too. Any type of physical activity releases neurotransmitters and endorphins which serve to alleviate stress.

Neurotransmitters are chemicals within the brain that help communicate messages throughout the body.

Endorphins are the body's natural painkiller to reduce stress and improve the mind's perception of the world. Thus, after a good workout the endorphins cause the body to feel calm and optimistic. The endorphins also aid in improving the quality of sleep, so that a few sleepless nights due to stress can be avoided after dancing!



2. DANCE OFFERS A CREATIVE OUTLET FOR PEOPLE TO EXPRESS THEIR PERSONALITIES IN A SAFE ENVIRONMENT

Your work environment isn't always the best place to express who you really are. More often than not, you need to be a more buttoned up version of yourself and hide much of your inner self. Dancing offers an outlet for people to express who they are—through music, movement or even costumes! Dancing helps you connect to who you really are. Leave that suit or pencil skirt at the office and trade it in for sparkles and spandex!



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3. DANCING IMPROVES YOUR PHYSICAL HEALTH

From weight loss, to increased flexibility, stronger bones and building muscle tone, dancing is a total body workout.

Dancing can be a way to stay fit for people of all ages, shapes and sizes. It has a wide range of physical and mental benefits including:

- a. Improved condition of your heart and lungs
- b. Increased muscular strength, endurance and motor fitness
- c. Increased aerobic fitness
- d. Improved muscle tone and strength
- e. Weight management
- f. Stronger bones and reduced risk of osteoporosis
- g. Better coordination, agility and flexibility
- h. Improved balance and spatial awareness
- i. Increased physical confidence
- j. Improved mental functioning
- k. Improved general and psychological well being
- l. Greater self-confidence and self-esteem
- m. Better social skills.



And nothing makes you feel less stressed than when you know you are doing great things for your physical and mental health.

It is well known today that stress is a silent killer and causes things from inflammation in the heart to psychological distress. But you can avoid these terrible effects by taking simple measures like, well, *dancing!* So, take a lesson from the Footloose gang and *when in doubt, dance it out!*



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